

***PRIDE OF DAKOTA
SCHOOL LUNCH DAY:
AGRICULTURE TO HEALTH***

Pride of Dakota School Lunch Day promotes the use of North Dakota food products within the school lunch program. Perhaps we should also think about increasing the use of North Dakota food products within our homes to promote good health.

Dakota Diet Concept

A concept called the “Dakota Diet” was first introduced by Dr. Gerald Combs, Director of the USDA Human Nutrition Research Center in Grand Forks at the Governor’s Healthy North Dakota conference in Bismarck in August of 2002. The “Dakota Diet” promotes the use of North Dakota products within USDA’s Food Guide Pyramid. Many foods produced in North Dakota have nutrients or plant based chemicals (phytochemicals) which promote good health and may reduce the risk of chronic diseases such as heart disease, type 2 diabetes, and cancer.

Flaxseed, buckwheat, whole grains such as wheat and oats, soybeans, beans, peas, lentils, beef, bison, sunflowers, barley, canola oil, milk and dairy products, regional fruits and vegetables are some examples of North Dakota food products providing health promoting nutrients and chemicals to a balanced diet.

What role do family meals play in promoting good health among our youth?

Reducing the risk of chronic disease starts with promoting good eating and physical activity habits for all members of the family. One of the best ways to improve the nutrient intake of children and youth is to increase the frequency of family meals. However, families are finding it increasingly difficult to find time to sit down together for meals.

Some ideas for improving the number of family meals include:

- Determine a goal for the number of meals per week that you will eat together as a family. Be realistic considering constraints of work, sports, and social obligations.
- Plan menus together as a family and try to include as many products produced in North Dakota as possible.
- Have youth locate recipes and assume responsibility for preparation of family meals on specified days of the week.
- Have children help with grocery shopping and meal preparation on a routine basis. Meal planning and food preparation skills help youth develop healthy food habits for a lifetime.
- Give your family your full attention at meals. Turn the television and other media off. Let the telephone pick up messages. Share and discuss topics of importance to each member of your family.
- Value and keep family meals at the top of your priority list. Regular family meals can make a very positive contribution to the physical, mental, emotional, and academic development of children.

Selected Health Data

North Dakota and the United States

According to North Dakota data 21% of our high school age youth are either overweight or at-risk of overweight. For North Dakota adults, approximately ~61% are either obese (~20%) or overweight. Being obese or overweight increases the risk for heart disease, type 2 diabetes, and some types of cancer. Healthy eating and physical activity can help to control weight and reduce the risk of developing chronic disease.

Buckwheat Pancakes

Makes fourteen 5 inch pancakes

1 c buckwheat flour
1 c all-purpose flour
2 tsp double acting baking powder
1 tsp baking soda
2 tsp sugar
½ tsp salt
Blend together the dry ingredients.

2 beaten eggs
¼ c canola oil
2 c buttermilk
Combine the wet ingredients together.

Stir together until moistened. Cook on a hot griddle that has been lightly greased. Turn the pancakes when bubbles appear on the upper surface. Turn the cakes only once and continue cooking until the second side is done. Serve with honey or fruit sauce.

Nutrient Analysis (1 pancake): 124 kcal; 15 g carbohydrate; 1 g dietary fiber; 4 g protein; 5 g fat
Exchanges: 1 Starch, 1 Fat

Calico Beans

20 servings

4 oz bacon, cut into 1 inch pieces
1 lb lean ground beef
1 medium onion, chopped
¾ c brown sugar
½ c chili sauce
2 Tbsp cider vinegar
1 tsp dry mustard
2 cans (16 oz each) pork and beans
1 can (15 ½ oz) kidney beans
1 can (15 ½ oz) lima beans
1 can (15 ½ oz) navy beans
1 can (15 ½ oz) butter beans
1 can (15 ½ oz) pinto beans

Fry bacon in skillet until crisp. Discard fat. Brown ground beef with onion in same skillet.

Drain beans (do not drain the pork and beans). Combine all ingredients. Bake, covered at 350 deg F for 45 minutes.

Nutrient Analysis (~1 cup): 250 kcal; 37 g carbohydrate; 7 g dietary fiber; 15 g protein; 6 g fat; 820 mg Sodium

Exchanges: 2 Starch, 2 Med-Fat Meat

Rhubarb Apple Crisp

12 Servings

Preheat oven 350 deg F

Rhubarb-apple layer:

2 c rhubarb, cut-up
2 c apple, cut-up
1 c sugar

Combine the sugar with rhubarb and apples. Place in buttered 9 x 9 inch pan.

Topping:

1/3 c all-purpose flour
1 c rolled oats
½ c packed brown sugar
½ tsp salt
1 tsp cinnamon
¼ tsp nutmeg
¼ c butter

Combine and mix the dry ingredients.

Cut the butter into the dry ingredients.

Spread the topping mixture over the rhubarb-apple mixture.

Bake about 45 minutes or until the crisp is brown and the fruit is soft when pricked with a fork.

Nutrient Analysis: 220 kcal; 44 g carbohydrate; 3 g dietary fiber; 3 g protein; 5 g fat; 140 mg sodium

Exchanges: 2 Starch; 1 Fruit

Play a game:

Circle the ingredients originating from North Dakota agriculture in these recipes.

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